What is claimed is:

- 1 1. A dental instrument comprising:
- an actuating assembly; and
- a grasping assembly, coupled to the actuating assembly,
- adapted to conform to the contour of a dental appliance;
- wherein a member of the actuating assembly or the
- 6 grasping assembly is adapted to facilitate distal, mesial, or
- 5 both distal and mesial manipulation of the dental appliance.
- 1 2. The instrument of claim 1, wherein the grasping
- assembly comprises a plurality of members, each having a
- 3 grasping surface.
- 1 3. The instrument of claim 2, wherein the members are
- angled to approximate the contour of the dental appliance.
- 1 4. The instrument of claim 2, wherein the members are
- curved to approximate the contour of the dental appliance.
- 5. The instrument of claim 4, wherein the members are
- 2 curved concavely.
- 1 6. The instrument of claim 4, wherein the members are
- 2 curved convexly.

- 7. The instrument of claim 2, wherein a first of the
- 2 members comprises an apical seat near the top of its grasping
- 3 surface.
- 1 8. The instrument of claim 2, wherein one of the
- 2 members comprises a traction feature disposed upon its
- 3 grasping surface.
- 9. The instrument of claim 1, wherein the grasping
- assembly is removably coupled to the actuating assembly.
- 1 10. The instrument of claim 1, wherein the grasping
- assembly is permanently coupled to the actuating assembly.
- 1 11. The instrument of claim 1, wherein the grasping
- assembly is formed as part of the actuating assembly.
- 1 12. The instrument of claim 2, wherein a portion of the
- 2 actuating assembly is angled to facilitate exclusively distal
- manipulation of the dental appliance.
- 1 13. The instrument of claim 2, wherein a portion of the
- 2 actuating assembly is curved to facilitate exclusively mesial
- 3 manipulation of the dental appliance.
- 1 14. The instrument of claim 2, wherein a portion of the
- grasping assembly is angled to facilitate exclusively distal
- 3 manipulation of the dental appliance.

- 1 15. The instrument of claim 2, wherein a portion of the
- grasping assembly is curved to facilitate exclusively distal
- manipulation of the dental appliance.
- 1 16. The instrument of claim 1, wherein the actuating
- assembly is a bifurcated actuating assembly.
- 1 17. The instrument of claim 1, further comprising a
- locking assembly disposed along the actuating assembly.
- 1 18. The instrument of claim 2, wherein a portion of the
- actuating assembly is formed to selectively facilitate mesial
- or distal manipulation of the dental appliance.
- 1 . 19. A dental instrument, adapted to facilitate distal,
- 2 mesial, or both distal and mesial manipulation of a dental
- 3 appliance, comprising:
- a grasping assembly, having a grasping surface shaped to
- 5 approximate contour of the dental appliance, and having an
- 6 apical seating member disposed near the top of the grasping
- 5 surface; and
- an actuating assembly, operatively coupled to the
- 9 grasping assembly.
- 1 20. A matrix band placement apparatus, adapted to
- facilitate distal, mesial, or both distal and mesial matrix
- band manipulation, comprising:

- a first grasping member, having a first surface shaped to

 approximate curvature of a matrix band, having an apical

 seating member disposed along an upper edge of the first

 surface;
- a second grasping member, having a first surface shaped to approximate curvature of a matrix band and shaped to cooperatively engage with the first surface of the first grasping member; and
- a compound actuating assembly, operatively coupled to the first and second grasping members, adapted to cooperatively engage the first and second grasping members, having a locking assembly disposed and adapted to secure engagement of the first and second grasping members.